## Extra nice with almonds, spice

Apple honey cake gets flavour boost from Indian spices PAGE 12

# CW'S GOT DR. HORRIBLE

NEIL PATRICK HARRIS STARS IN TV MUSICAL BASED ON INTERNET SENSATION PAGE 9

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# BRONZE METTLE

**Canadian Olympic athletes, from left, judoka Antoine Valois-Fortier, diving duo Roseline Filion and Meaghan Benfeito, and weightlifter Christine Girard, all captured bronze medals at the London 2012 Olympics.** **For more Olympic coverage, see pages 13-14.** VALOIS-FORTIER: GETTY IMAGES; FILION AND BENFEITO: THE CANADIAN PRESS; GIRARD: GETTY IMAGES

## Dolly's seal of approval

Director of The Year Dolly Parton Was My Mom, partially shot in Winnipeg, gets letter from superstar giving film thumbs up PAGE 3

## More time to Sunday shop

As of Aug. 1 — in first major change to Sunday shopping in 20 years — retailers will be allowed to be open from 9 a.m. to 6 p.m. PAGE 4

## Anti-whaling fugitive at sea

Canadian activist wanted in at least three countries vows to continue to disrupt Japanese whaling fleets PAGE 5

## Summer fun on the cheap

Soaking up the sun on Manitoba's Grand Beach is just one of five ways to enjoy good times without going broke PAGE 11

## Phelps breaks medal record

Gold and silver medals on Tuesday make U.S. swimmer Michael Phelps the most successful Olympian ever PAGE 13

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# Faxed in. A thumbs up from Dolly

Dolly Parton GETTY IMAGES

It's not every morning that you wake up to a faxed letter from country superstar Dolly Parton — but that's what Montreal director Tara Johns found sitting in her fax machine Tuesday morning.

Johns wrote and directed the film, The Year Dolly Parton Was My Mom — half of which was shot in Winnipeg in 2010.

"I would be lying if I said I wasn't, in the back of my mind, hoping that it (the fax) would come — she's been amazing this whole process," said Johns of Parton's involvement. "It's been sort of a full circle kind of thing, because to make the film I needed Dolly Parton's blessing."

Johns said that Parton read the script, and wrote a letter giving her blessing for the film, which is about a young girl in the 1970s who finds out she is adopted, and for one reason or another, believes her biological mother is Dolly Parton.

Parton also leant recordings of her voice for the film.

LAUREN PARSONS/METRO

**Dolly's letter**

Hey Tara, I finally got a chance to sit down and actually watch your movie The Year Dolly Parton Was My Mom. I thought it was really, really great and was very, very proud of it. You did a wonderful job. Just wanted you to know that I had seen it. Send my regards along to all of the folks who worked on it. The little girl and her mother were great ... actually I thought everyone was great. But I especially loved my little daughter. (Ha!) Best of luck on your future products. With Appreciation, Dolly.

# Military. Soldier charged after shooting at Base Shilo

A soldier has been charged with attempted murder after a shooting on the weekend at Canadian Forces Base Shilo in Manitoba.

Master Cpl. Clarence Stillman is also charged with careless use of a firearm, pointing a firearm and possession of a weapon for a dangerous purpose.

The soldier who was shot in the incident early Sunday suffered non-life-threatening injuries.

Maj. Greg Poehlmann said the gun used in the shooting was seized, adding it was not a military-issued weapon. He would not say where on the base the shooting happened or what type of gun was seized.

The charges were laid Monday by the Canadian Forces National Investigation Service, an independent military police unit with a mandate to investigate serious matters involving military personnel.

THE CANADIAN PRESS

**Britannica Road**

## Arrest made in store robbery

Police have arrested a man in connection with a commercial robbery in south Winnipeg last month.

Rory Shane Nash, 28, of Winnipeg was arrested Monday and charged with robbery and disguise with intent after a convenience store in the first 100 block of Britannica Road was robbed June 14.

Nash has been detained in custody. METRO

**Coldwell**

## Babysitter quick on feet in fire

The quick actions of a teen babysitter may have saved the lives of three children as a home in the RM of Coldwell went up in flames Tuesday.

The 14-year-old safely evacuated the kids, aged 8, 9, and 10, after noticing the fire, which had fully engulfed the home at about 9:30 a.m. No one was injured. The RCMP is investigating. METRO

# Wheat Board faces the future with confidence

## New law. Canadian Wheat Board is no longer a monopoly

The CEO of the Canadian Wheat Board says his agency is facing the end of its monopoly on western wheat and barley sales with confidence.

"There are many reasons for confidence as the CWB forges ahead into this new era," Ian White said at a news conference Tuesday on the last day of the board's decades-long control over prairie wheat exports.

"We will add value to farmers. We have streamlined our operations. We have negotiated new business arrangements that will help us succeed. We are ready to face this new marketing era."

White also announced that another major grain handler — Louis Dreyfus Canada — has agreed to handle deliveries. That means the board now has 130 locations across the West where farmers with contracts can deliver their grain.

"With this new agreement, the CWB remains well on track to serve farmers into the future as their expert grain marketing partner," he said.

"Our network of grain marketing delivery points will continue to grow."

Although he refused to give details on how many farmers have signed contracts, White said he expects as much as 40 per cent of prairie wheat to be marketed through the board.

"There's been quite a reasonable sign-up to the CWB and we expect a very substantial sign-up," he said.

The federal government passed a law late last year to allow western farmers to sell their grain to whomever they choose. That change kicks in Wednesday with the new crop year. THE CANADIAN PRESS

**In the courts**

- **Request.** Board supporters are asking the Supreme Court for leave to appeal a lower court ruling on the way the Harper government stripped the agency of its marketing monopoly.
- **Ruling.** A Federal Court judge ruled in favour of the vote, but that ruling was overturned in the government's favour by the Federal Court of Appeal.

Chéy Rosie Carr, 16, plays the role of a dead farmer while Kenton Smith, left, and Rose-Anne Harder, both representing grain companies, throw bread crumbs at her during a theatrical protest over the end of the CWB's single desk held in front of the CWB building in downtown Winnipeg Tuesday. SHANE GIBSON/METRO

1 NEWS

**Mobile news**

Water polo athlete Rosanna Tomiuk may not have qualified for the London Olympics, but her tribute to Team Canada is definitely worthy of a medal. Scan the code to watch her musical shoutout to Canada's Olympians.

# Northwest. AutoBins axed

Residents in northwest Winnipeg are saying goodbye to the controversial AutoBins and hello to a new automated recycling and garbage-collection service.

Starting Aug. 1 and the next week, about 24,000 single-family homes will switch from the AutoBins to the new system. The removal of the 5,400 bins, which began last Wednesday, is expected to take six weeks.

Residents will also have a new collection day, the same day every week.

The new system also includes yard waste, which will be picked up once every two weeks from April to November on the same day that garbage and recycling carts are emptied.

Residents in other areas of the city will wait until the first week of October for this new automated recycling and garbage-collection service to kick in.

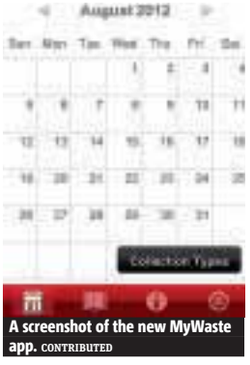
Single-family homes in the AutoBin area have been given one 240-litre garbage cart, one 240-litre recycling cart, two complimentary compostable yard-waste bags, a user guide with full program details, and a calendar highlighting all the collection days until the end of 2013.

For those homeowners who prefer digital media, an app called My Waste is now available for free on smartphones and tablets. It's available at winnipeg.ca/mywaste or at Apple or Android app stores.

Those wanting additional information can call the city's 311 phone line. METRO

**App details**

- The City of Winnipeg's new My Waste app for garbage collection is chock full of information on all aspects of disposal methods available to residents.
- From garbage and recycling days, to the disposal of large, bulky items, to household hazardous-waste handling, the app tells you everything you need to know.
- The app also allows users to set up reminders.

BERNICE PONTANILLA/METRO

A screenshot of the new MyWaste app. CONTRIBUTED

# Abduction. Suspect returns

A man accused of helping to abduct Abby and Dominic Maryk four years ago and holding them in Mexico is back in Winnipeg.

Police said Robert Groen was transferred to Winnipeg on July 20. He has been detained and was charged with two counts of abduction.

The children's father, Kevin Maryk, is also facing extradition from Mexico and charges.

Police allege Maryk abducted his children during a court-ordered visit on Aug. 16, 2008, and moved around frequently to avoid detection. He lived for a while in Puerto Vallarta, Mexico, before moving to Guadalajara.

Police allege he kept the kids inside the home during the day — forbidding them from going to school, playing with other kids or seeing a physician.

Police suspected the kids were in Mexico and had distributed Crime-Stoppers-style videos to Mexican media.

METRO/WITH FILES FROM THE CANADIAN PRESS

## Altercation leads to stabbing: Police

Police lay evidence markers at a taped-off scene near Burrows Avenue and Parr Street, where a 41-year-old man was found with stab wounds early Tuesday. Police allege the victim got into a fight with a 21-year-old man, who then stabbed him. He was taken to hospital and is now in stable condition. SHANE GIBSON/METRO

# Businesses gear up for extended Sunday hours

## Retail. Changes go into effect this week

DAVE BAXTER
winnipeg@metronews.ca

Manitoba businesses are preparing for extended Sunday shopping hours and some in the Winnipeg business community say we waited far too long.

"Businesses were champing at the bit for this," said Chuck Davidson, the Winnipeg Chamber of Commerce's vice-president of policy. "This is something businesses, employees and customers have been waiting for."

The changes will allow retailers to open from 9 a.m. until 6 p.m. on Sunday, marking the first major shift in Manitoba's Sunday shopping hours in more than 20 years.

Davidson said he believes restrictive Sunday shopping hours were frustrating to Manitoba consumers. "Sunday is the second-busiest shopping day of the week. Everyone knows about the lineups at noon at stores when people are waiting to get in. Customers want to get their shopping done earlier."

Along with added profit for retailers, Davidson also said the changes will help the economy.

"This will be more of a big-time city. We can attract more tourism and attract the Targets and the Ikeas of the world."

**One business opting out**

- Windsor Plywood is one retailer that won't take advantage of new Sunday shopping hours. Its stores are closed on Sunday and Ed Johnson, the co-owner of the Century Street store, said they won't be changing that policy any time soon.
- "It's not even on our radar," said Johnson. "There is more to life than profits. I know I don't like working Sundays. Plus we did the math and the profits from Sunday really don't warrant the extra staff."

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# Anti-whaling fugitive chooses seas over jail cell

**Canadian Paul Watson.** Activist who is wanted in at least 3 countries is determined to disrupt Japanese whalers this winter

Paul Watson
THE CANADIAN PRESS/DAPD/MARIO VEDDER

Paul Watson, the fugitive founder of environmental group Sea Shepherd, vowed Tuesday to continue disrupting Japan's whaling fleet when it heads for the southern oceans this winter, despite authorities in at least three countries seeking his arrest.

The 61-year-old Canadian was detained in Germany in May on a Costa Rican extradition warrant that accused him of endangering the crew of a fishing vessel in 2002.

About 10 days ago Watson, who sees himself as an advocate for whales, sharks and other marine animals, skipped bail after learning that Japan, too, was seeking his extradition from Germany.

"I can serve my clients better at sea than in a Japanese prison cell and I intend to do just that," he said in a statement issued by his U.S.-based group, which didn't disclose his current location. "In December, our ships will sail forth for the ninth campaign to oppose the outlaw Japanese whalers in the Southern Ocean Whale Sanctuary."

The Southern Ocean Whale Sanctuary is a vast conservation area around Antarctica in which commercial whaling operations are banned.

Watson said he believed the Japanese warrant related to the collision of a Japanese whaling support ship and a Sea Shepherd boat in January 2010. Sea Shepherd has accused the Japanese ship of deliberately ramming its futuristic, rocket-shaped boat, the Ady Gil, and eventually causing it to sink. The whalers denied it, saying the Ady Gil's captain deliberately put his vessel in their ship's path.

THE ASSOCIATED PRESS

## Thousands affected by power outage after Ontario storm

A woman wearing a rain poncho crosses Queens Quay in Toronto during a heavy downpour Tuesday. A severe thunderstorm in the Greater Toronto Area flooded streets and caused a power outage that affected roughly 4,000 people. PAWEL DWULIT/TORSTAR NEWS SERVICE

Ontario woman injured

## Lightning jolts group of canoeists

An Ontario woman is recovering from injuries after she was struck by lightning while canoeing with six other people in Manitoba's wilderness.

RCMP say a group of women and girls were on an organized camping trip and were paddling along the Bloodvein River near Lake Winnipeg on Sunday when a sudden storm approached. They were going to shore when the 23-year-old woman was hit by lightning.

THE CANADIAN PRESS

G20 fallout

## Hairy legs got them arrested: Claim

Women claiming to have been profiled because of their hairy legs are among a group of seven people planning to serve a $1.4-million claim against police on Wednesday arising out of the violence-marred G20 summit two years ago. The group from Hamilton, Ont., alleges the police wrongfully arrested them on June 27, 2010 — a day after vandals went on a rampage in downtown Toronto — as they emerged from a Yonge Street restaurant, their lawyer said. THE CANADIAN PRESS

# Patent trial. IPhone technology copied by Samsung, Apple claims

An attorney for Apple told a jury Tuesday that bitter rival Samsung faced two options to compete in the booming cellphone market after Steve Jobs introduced the iPhone to critical acclaim in 2007: Innovate or copy.

Samsung chose to copy, making its smartphones and computer tablets illegal knockoffs of Apple's popular products, attorney Harold McElhinny claimed.

Samsung "has copied the entire design and user experience" of Apple's iPhone and iPad, McElhinny told a jury during his opening statement at the patent trial involving the world's two largest makers of cellphones.

In his opening statement, Samsung attorney Charles Verhoeven countered that the South Korean company employs thousands of designers and spends billions of dollars on research and development to create new products.

"Samsung is not some copyist, some Johnny-come-lately doing knockoffs," he said.

Verhoeven asserted that Apple is like many other companies that use similar technology and designs to satisfy consumer demands for phones and other devices that play music and movies and take photographs.

For example, he said several other companies and inventors have filed patent applications for the rounded, rectangular shape associated with Apple products.

"Everyone is out there with that basic form factor," Verhoeven said. "There is nothing wrong with looking at what your competitors do and being inspired by them."

THE ASSOCIATED PRESS

**Tech tussle**

- A verdict in Apple's favour could send a message to consumers that Android-based products such as Samsung's are in legal jeopardy.
- A verdict in Samsung's favour, especially if it prevails on its demands that Apple pay its asking price for certain transmission technology, could lead to higher-priced Apple products.

## Lowe's builds case for Rona takeover

A man carries building supplies from a Rona store in Toronto on Tuesday. Rona Inc. has rejected a $1.76-billion unsolicited takeover offer from U.S.-based Lowe's Companies, which says it's still interested in buying Canada's largest home-improvement chain, issuing a statement that said institutional fund managers controlling about 15 per cent of Rona's stock have expressed support for the acquisition. NATHAN DENETTE/THE CANADIAN PRESS

**Luxury living**

### NYC penthouse on sale for $100M

What will $100 million US buy you in New York? An exclusive listing is offering an octagon-shaped penthouse in midtown Manhattan that boasts three floors of living space, panoramic views of the city, six bedrooms, nine bathrooms and a wine room for 1,000 bottles. The penthouse is being sold by real-estate developer Steven Klar, who purchased it for $4.5 million in 1993 and spent at least as much renovating it.

THE ASSOCIATED PRESS

**Market Minute**

**DOLLAR** 99.71¢ US (-0.11¢)

**TSX** 11,664.71 (-93.17)

**OIL** $88.06 US (-$1.72)

**GOLD** $1,610.50 US (-$9.20)

**Natural gas:** $3.209 US (-1¢)
**Dow Jones:** 13,008.68 (-64.33)

# Air Canada's plans for low-cost carrier worries pilots

Members of the Air Canada Pilots Association protest in front of the company's annual meeting in Calgary in June. JEFF MCINTOSH/THE CANADIAN PRESS

Air Canada pilots are concerned that the airline's launch of a low-cost carrier could threaten their job security and working conditions, the union said Tuesday as the plans came closer to fruition after an arbitrator sided with the airline in a labour dispute.

A federal arbitrator chose Air Canada's final offer Monday, imposing a five-year collective agreement that includes, among other things, provisions allowing the airline to create a budget carrier.

The airline says the agreement, effective until April 2016, will give it the flexibility it needs to compete with budget carrier WestJet, which operates mostly domestic flights and doesn't have Air Canada's issues with union and pension woes.

"Another piece has fallen into place with this arbitration decision," said Air Canada spokesman Peter Fitzpatrick.

"The industry has changed and a lot of low-cost competition has arisen around the world and in Canada. It's no secret WestJet has a fairly significant cost advantage over Air Canada, so we need to create a vehicle that will be competitive."

Air Canada's top executives have said the launch of a discount carrier is a top priority, but details about the airline's plans are sparse.

Although Air Canada's offer indicates the low-cost carrier will employ workers from the Air Canada Pilots Association, the union's president says it will be "under drastically different terms of employment."

THE CANADIAN PRESS

**Labour strife**

- The pilots are one of two major labour groups at Air Canada that have recently been forced to accept the airline's final offer in labour negotiations.
- The other union is the International Association of Machinists and Aerospace Workers, which represents repair and ramp crews.

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# Investing. Canadian pension funds give up gains in second quarter: RBC

Canadian defined benefit pension plans saw their investments slip 1.1 per cent in the second quarter, giving up some of their gains from the first three months of the year, a new report by RBC Investor Services says.

The firm says concerns over the European debt crisis and a weakening global economy pushed Canadian stocks lower, while bonds posted the strongest gains.

Canadian defined benefit pension funds within the RBC Investor Services All Plan universe had gained 4.5 per cent in the first quarter.

Domestic bonds were the best performing asset class for the second quarter, with the median pension fund returning 2.4 per cent, marginally outperforming the DEX universe by 0.1 per cent.

Canadian stocks were the worst performing asset class for the second quarter as the S&P/TSX composite fell 5.7 per cent in the quarter, while the funds outperformed the index by 0.5 per cent.

Foreign equity investments by pension funds underperformed the MSCI World index by 0.4 per cent, while the index fell 3.2 per cent in Canadian dollars.

"Pension plans managed to outperform the S&P/TSX composite index in the second quarter, being underweight in energy and materials, two of the largest sectors that underperformed the S&P/TSX Composite," said Scott MacDonald, head of pensions, insurance and sovereign wealth strategy for RBC Investor Services.

THE CANADIAN PRESS

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# FOR THOSE OF US WHO MISSED THIS IN KINDERGARTEN

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

I don't know if I learned everything I needed to know in kindergarten, but there was lots of useful stuff, like waiting until the bathroom break to go pee.

Other stuff I'm still not sure about, like "some think it's candy but it's not," and "cheaters never prosper."

The first one we'll save for another column, but the cheaters line always causes me to go hmm. If that's true, why do so many people cheat?

Never mind the consequences, what's the value of the experience?

This is the question that must be going through the minds of the various cheaters who weren't paying attention in kindergarten. Almost everyone cheats, even though it's a hollow experience. Apparently, it beats the hollow experience of authentic existence. Maybe you have to go to graduate school to learn that one. Existentialism 101.

Kristen Stewart, Little Miss Cheatie. GETTY IMAGES

Yet, they still do it. Although anti-doping officials plan to run 6,250 doping tests at the current Summer Olympics, at least nine athletes (so far) thought they could beat the odds and have been caught and sent home, the latest being the proverbial Albanian weightlifter. Don't they have kindergarten in Albania?

Then there's that cheating vampire Kristen Stewart, who thought she could bite the wrong neck despite the fact that she's routinely watched by more cameras than a London subway platform.

Jonah Lehrer, El Cheato. HANDOUT

Or how about Jonah Lehrer, the bright young journalist who resigned from the New Yorker this week after he got caught making up Bob Dylan quotes. "Who's Jonah Lehrer?" tweeted Dylan, who should talk. He stole Ramblin' Jack Eliot's voice. But then Ramblin' Jack was something of a cheat as well. He came across all Ramblin' Jack, folksy and wild-western, when in fact his real name was Elliot Charles Adnopoz and he grew up in Brooklyn.

Did Ramblin' Jack or Bobby ever stand up and say they cheated, that they weren't really itinerant troubadours who learned their art and wisdom on the highway? Uh, no. But making up quotes from an influential singer-songwriter, that's cheating. And if you weren't so busy nose-mining in kindergarten, you would know that.

Kip Litton, the marathon cheater. COURTESY MLIVE

The Father of All Cheats, a dentist named Kip Litton from Michigan, made up an entire marathon and placed himself first in it. Rosie Ruiz, the famed Boston Marathon cheat, had nothing on this guy. As well as the bogus West Wyoming marathon, Kip has cheated his way into Boston, and despite an exposé in this week's New Yorker (irony alert!) he's still going!

Cheaters never prosper. They also never give up. Didn't learn that in kindergarten, so it must be genetic.

# Love the written word? Get lost

GETTY IMAGES

**Literary art**

## Labyrinth of books makes for twisted tunnel

If you are a lover of the written word, you'll be amazed by this labyrinth.

Brazilian artists Marcos Saboya and Gualter Pupo used 250,000 books to create it.

The installation at Britain's Southbank Centre is a part of the London 2012 Festival, a three-month-long cultural event held concurrently with the Olympics.

METRO

**Book worm**

- **Inspired by a literary great.** Brazilian artist Gualter Pupo said the installation's design is based on the fingerprint of Jorge Luis Borges, one of Latin America's greatest writers. "He was almost a library himself," Pupo joked.
- **Maze's meaning.** Is it a maze or a bibliophile's dream? Pupo said the idea behind this interactive installation is to gaze at the covers and read the books, all to rekindle the power of literature first experienced in childhood. "People have to look at literature and remember how it builds our character and personality," he said. About the concept of a maze, the artist profoundly added: "You need to get lost in order to find your right way."
- **Book sources.** Pupo said that about half of the books were donated by British charity group Oxfam, with the rest provided by numerous book publishers. Pupo, director of non-profit production company Hungry Man, said all the books will be donated back to charity after the exhibition ends on Aug. 26.

**In numbers**

**50**

**volunteers a day for a three-week period were needed to assemble the 250,000-book-strong labyrinth, which is more than 500 square metres in size.**

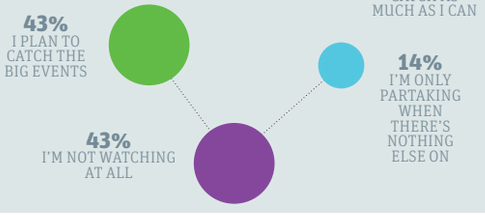
**Online**

**Check out a time-lapse video of the 'booklayers' making the maze at metronews.ca.**

Metropolitan Panel

**Register at metropolitanpanel.ca and take the quick poll**

## How closely are you watching the Olympics?


43%
I PLAN TO CATCH THE BIG EVENTS
0%
I'M RISING EARLY TO CATCH AS MUCH AS I CAN
14%
I'M ONLY PARTAKING WHEN THERE'S NOTHING ELSE ON
43%
I'M NOT WATCHING AT ALL

**Twitter**

**@Shattowski:**
Dear #winnipeg It'd sure make cycling more fun if you cleaned bike paths, garbage hill, etc. Glass all over the place. #bikewpg #flatssuck

**@cassandracombs_:**
Definitely bought a Lotto Max ticket on Friday and definitely left it in Winnipeg Beach. #stupid

**@ajayneyra:**
Home (bitter)sweet home. Fell in love with Winnipeg!

**@HopeLNicholson:**
Alright guys. What Toronto's restaurant scene needs is... a Winnipeg-food themed restaurant. Get on it. I want my fatboy and holopchi.

**@Quintaine:**
I wonder if some people realize their tweets make them sound like LOLcats. At least, that's how I read them.

**@mitchmcleod99:**
Beautiful day in Winnipeg! Just might have to have a couple beers tonight!!

metro
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Neil Patrick Harris' Dr. Horrible Sing-Along Blog is being picked up by the CW network. HANDOUT

# A look behind the CW curtain

**TV critics press tour.** The CW announces adding Neil Patrick Harris online hit, and teases other upcoming network projects

AMBER RAY
Metro World News

Dr. Horrible's Sing-Along Blog, Joss Whedon's three-part musical starring Neil Patrick Harris, Nathan Fillion and Felicia Day, officially makes its television debut on Oct. 9 at 9 p.m. on The CW, the network announced at the Television Critics Association press tour in Beverly Hills, Calif., this week.

The Internet hit, about a budding super villain (Harris), was created during the Writers Guild of America strike and first ran online in 2008. Mark Pedowitz, President of The CW, admitted he's a big fan of the musical, and said he proactively touched base with Whedon to get Dr. Horrible on The CW.

The CW provided some spoilers about the new season of The Vampire Diaries. HANDOUT

"I made the phone call. I said, 'would you like it on television?" Pedowitz told journalists. Pedowitz explained that the series will be re-edited for time constraints, so what viewers will see is "basically what's been online."

As for additional Dr. Horrible stories, Pedowitz is eager to bring any potential new episodes to The CW.

"Hopefully if Joss does another one, we'll get a crack at it," he said.

In other cult hit news, Pedowitz said the network would "love to do" a series based on the bloody, futuristic thriller Battle Royale, a Japanese film released in 2000 with a very Hunger Games-like plot: The government forces high-schoolers to fight to the death.

Though Pedowitz says he is a "big believer" in the show, particularly because of the movie's cult following and its dystopian plot, right now he says an adaptation is "at this point in time only in development.

"Not even in development. Only a phone call."

Regarding fantasy/sci-fi series that are returning to The CW, Pedowitz said the new season of The Vampire Diaries will (spoiler alert!) explore Elena's transition into a vampire.

"Does she follow Stefan's path or Damon's path?"

Considering the series' high body count, Pedowitz confirmed there will be new faces on Season 4.

"There are always new characters," he said. "And those who are dead can return."

Also at press tour, The CW announced that the winner of The Next, a singing competition that travels the nation searching for new talent, will be awarded a contract with Atlantic Records. Premiering Aug. 16 at 9 p.m., the series features mentors Nelly, Gloria Estefan, Joe Jonas and John Rich finding local talent, then bringing the singers to Los Angeles, where they will vie for viewers' votes during live performances.

**Also announced**

**The next cycle of America's Next Top Model will be the series' first college edition, featuring 13 model wannabes who are enrolled in universities and trade schools across the country.**

- **Season starts.** Also new to the series is a social media correspondent, fashion blogger Bryanboy, who will share comments and video messages from viewers during judging. The season premieres Aug. 24 at 8 p.m.

SCENE

**On the Web**

**Former American Idol finalist Kimberley Locke wants to judge the popular singing competition**

Katie Holmes

# Holmes doing 'really great' since divorce, source says

It's been a month since Katie Holmes filed for divorce from Tom Cruise, and apparently the lifestyle change is working out for her.

"She's doing really great. She's so strong, she's an independent girl with her own ideas. She is fine," a source close to Holmes tells Us Weekly. Holmes has also reportedly been spending more time with 6-year-old daughter Suri.

"She wants to really become a parent and start teaching her strong discipline," another source says, explaining that Holmes realized the young girl had become "very demanding and bratty."

**Twitter**

**@pattonoswalt**
If you're selling bed sheets at a Chevron, you probably don't need to bother announcing the thread count.

**@marcmaron**
I'm fasting to prepare for my trip to Chicago this weekend because I'm going gorge myself there.

**@SteveMartinToGo**
There's a new reality show on NBC called "The Olympics." The judges need to bicker more and berate the contestants.

**@AlbertBrooks**
Enjoying Olympics. Just found out the high jump has nothing to do with how you watch it.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *What's his name? Snoop Lion*

THE WORD
Monica Weymouth
scene@metronews.ca

We expected that Snoop Dogg would change his name again at some point. The rapper — who was born Calvin Cordozar Broadus, Jr., christened himself Snoop Doggy Dogg, then dropped the Doggy — was at least one reincarnation behind Diddy.

What we didn't expect was that we'd be calling him Snoop Lion. The new name comes after a trip to Jamaica, where he visited with Rastafarian priests.

"I want to bury Snoop Dogg, and become Snoop Lion," Snoop revealed at a news conference in New York. "I didn't know that until I went to the temple, where the High Priest asked me what my name was, and I said, 'Snoop Dogg.' And he looked me in my eyes and said, 'No more. You are the light; you are the lion.' From that moment on, it's like I had started to understand why I was there."

Since when did Snoop start to sound like your too-touchy yoga teacher? That's a question for another day.

For today, we ask you this: What is Justin Bieber's spirit animal?

**Lindsay Lohan**
Spirit animal: Capuchin monkey.
Because no other animal is known to both chain smoke and steal.

**Justin Bieber**
Spirit animal: Chipmunk.
The high voice, the admirable scrappiness, the built-in racing stripes: Chipmunk DNA is one diamond earring removed from Bieber's building blocks.

**Taylor Swift**
Spirit animal: Gazelle.
So graceful, so delicate, so innocent. And yet, we'd be really afraid to fall in her pen.

**Tom Cruise**
Spirit animal: Cockatoo.
Perfectly coiffed and dead behind the eyes, both of these unnerving creatures have learned to speak gibberish while mimicking humans.

Arnold Schwarzenegger and Maria Shriver

# Schwarzenegger ranch available at a discount

Arnold Schwarzenegger and Maria Shriver are still looking to unload their 24-acre Santa-Barbara-area ranch and have reduced the price again, according to Radar Online.

The sprawling estate — former owners of which include Clark Gable, Jimmy Stewart and John Wayne — has been on the market since January and is now being offered for $4.495 million US.

Schwarzenegger and Shriver purchased the property in 2008 for $4.7 million. Despite taking a potential loss on the sale, Shriver is reportedly eager to unload it.

"She thinks the land has bad energy," a source says. "Maria's a very spiritual person and she doesn't want any negativity in her life, especially after everything she went through, so she just wants it gone from her life."

That "everything" the source refers to includes Schwarzenegger's admission that he maintained an affair and fathered a child with a member of their household staff.

Fred Willard

# ABC drops Willard improv show after arrest

Two weeks after Fred Willard was arrested in an adult theatre for indecent exposure, ABC has decided not to air the final two episodes of his improv show, Trust Us With Your Life, according to the Associated Press. Willard was previously let go from a show on PBS, Market Warriors, immediately after the arrest.

# Whole crew to strip down for Lohan topless scene

Lindsay Lohan will apparently go topless on camera, but there are some interesting conditions.

According to TMZ, before stripping down for a steamy sex scene in her latest project, the Canyons, Lohan insisted the crew do the same, leading to the scene being filmed by about 10 men in their underwear.

Wearing even less, though, was Lohan's co-star, adult film actor James Deen, who likely didn't take much issue with removing his clothes.

Lindsay Lohan

Summer is the peak time for Canadian families to go on vacation, but let's face it; the cost of hotels, food and fun can blow your budget. With only a handful of weeks left before the kids go back to school, here's five suggestions for cheap day getaways in Canada.

MAE GIFFORD
travel@metronews.ca

# 5 cheap summer activities

## 1 Ride around Stanley Park in Vancouver

**Estimated cost:** $125-150 for a family of four to rent bikes for half a day

A popular pastime for locals and tourists, renting bikes and sailing around the park's stunning seawall never gets old because you discover something new every time. The park is full of famous landmarks so create a fun (and free!) scavenger hunt by searching for each one.

## 2 Raft down Calgary's Bow River

**Estimated cost:** $10 to $55 for four to six people

Most Calgarians agree there's no better way to spend a hot summer day than drifting along the Bow River. This activity is free if you already own or can borrow a raft but the cost to rent a six-person floater is $55. Bring some drinks and snacks and you're laughing. Don't forget sunscreen and life jackets.

## 3 Soak up the sun on Grand Beach, Manitoba

**Estimated cost:** $10-$50 for a family of four

Nestled on the eastern shore of Lake Winnipeg, Grand Beach features three kilometres of beautiful white sand. Located within a provincial park, there's a lot of affordable activities to do including hiking, bird watching and camping. Pack a picnic lunch and enjoy it while relaxing on a beach blanket.

## 4 Take a deep breath on Toronto's islands

**Estimated cost:** $21-$200 for a family of four, includes ferry and cost of amusement park

Quiet, tranquility and arguably the city's best skyline view can be found on Toronto's islands. Just a quick ferry ride away, Centre Island, Hanlan's Point and Ward's Island provide relief from city life and promote relaxation. Centreville Amusement Park is a popular destination for families because of its 30 rides and attractions. Save $5 by buying an all-day park pass for four online.

## 5 Paint a picture in Peggys Cove, Nova Scotia

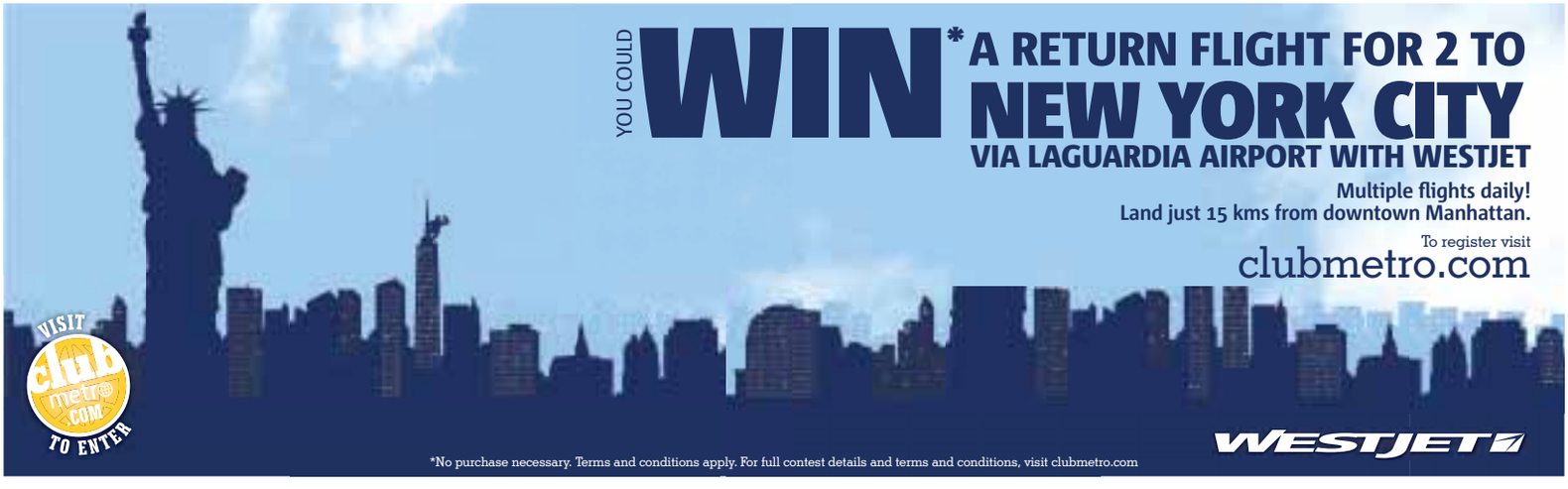
**Estimated cost:** Free to $30 for art supplies

One of the most recognizable lighthouses in the world, a trip to this eastern province isn't complete without a stop at Peggys Cove. Make your next trip there meaningful by getting each person to draw or paint their interpretation of the famous red and white lighthouse. It will be an experience and piece of art that you'll treasure forever.

## LIFE 3

**On the web**

**Reopened 100-year-old Japanese Garden brightens Southern California's Huntington Library.**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# Uniquely Indian spices and sweet honey take apple cake to next level

A delicious blend of Indian spices plus apples and honey make this a great cake for snacking or dessert. It's perfect to enjoy with a glass of ice tea on any summer weekend or bring along to a family get-together.

**1.** Line a 2-litre (9-inch) square baking pan with foil, allowing 5-cm (2-inch) overhang on 2 sides of pan; grease foil.

**2.** In a bowl, whisk together flour, ground almonds, baking powder, baking soda, cardamom, cinnamon, nutmeg, cloves and salt.

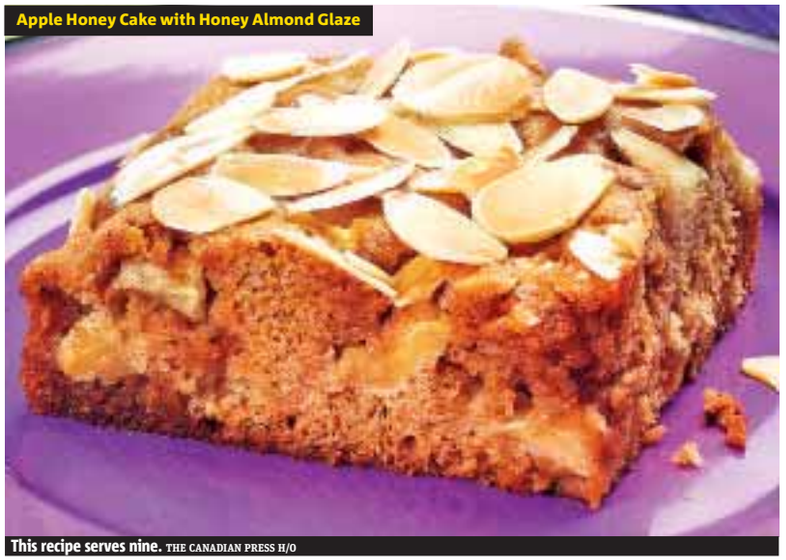
**3.** In a large bowl, beat egg with brown sugar until thick and creamy. Combine milk, oil and honey; add to egg mixture. Stir in flour mixture. Fold in apples; spread in prepared pan. Bake in a 180 C (350 F) oven for 35 to 40 minutes or until cake tester comes out clean.

**4.** Honey Almond Glaze: In a small saucepan, bring honey, apple juice and cardamom to a boil; reduce heat and simmer for about 5 minutes or until slightly thickened, stirring occasionally.

**5.** Place cake on wire rack and gently poke several holes in cake with fork. Carefully pour warm glaze over cake. Sprinkle with toasted almonds. Let cool for about 10 minutes, then lift cake out of pan using foil "handles." Serve warm or at room temperature.

FOODLAND ONTARIO/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

**Apple Honey Cake with Honey Almond Glaze**



**This recipe serves nine.** THE CANADIAN PRESS H/O

**Ingredients**

- 325 ml (1 1/3 cups) all-purpose flour
- 150 ml (2/3 cup) ground almonds
- 2 ml (1/2 tsp) each baking powder and baking soda
- 4 ml (3/4 tsp) ground cardamom
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) ground nutmeg
- 1 ml (1/4 tsp) each ground cloves and salt
- 1 egg
- 125 ml (1/2 cup) packed brown sugar
- 50 ml (1/4 cup) each milk and vegetable oil
- 50 ml (1/4 cup) liquid honey
- 2 medium apples, peeled, cored and chopped

**Honey Almond Glaze**

- 125 ml (1/2 cup) liquid honey
- 30 ml (2 tbsp) apple juice or water
- 0.5 ml (1/8 tsp) ground cardamom
- 50 ml (1/4 cup) toasted sliced almonds

**Drink of the Week**

## The Southside of Morocco Smoothie

- 3 strawberries
- 2 oz (30 ml) pomegranate juice
- 5 mint leaves
- 3/4 oz (20 ml) fresh lime juice
- 3/4 oz (20 ml) agave syrup (1:1 ratio with water)
- 1 slice fresh ginger
- 1 pinch cayenne pepper
- 1 - 2 tbsp (5 - 10 ml) almond butter

Add each ingredient to a blender or food processor and mix until well blended. Serve in a glass, with or without ice, and garnish with a mint sprig. For a slushy texture, blend ingredients with ice or substitute with frozen strawberries.

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**Student Voice**

## *My degrees are my experience, so hire me already!*

Adelle Farrelly,
Graduate, Bachelor of Arts in English Literature McGill University, Graduate Master of Arts in Medieval Studies University of Toronto
TalentEgg.ca

I always knew in the back of my mind that an academic career was a slim possibility, but I foolishly thought that the skills I would gain from a bachelor's degree, never mind a master's, would give me the flexibility and work ethic that would make me attractive to potential employers.

I was set on applying to PhD programs when the combination of a death in the family and financial struggles gave me pause — that could wait, I thought, until I had worked for a few years in the real world, paid off my student loans, and established what great question I would like to tackle. More grad school is still a possibility down the line, but that dream of real-world work experience is fading fast.

In some ways I have done everything wrong: two arts degrees, student loans, no real internships to speak of, no connections, no networking, just retail experience and a knack for Latin. Even with a reduced course load, I never had the time others seemed to have for unpaid internships and student groups as I was busy working a retail job.

I was one of the first people in my family to go to university and I had no relatives or family friends able to give me advice or connections. I don't want to make too many excuses, because there are people who start with far less and go much further, but those were the risks and limitations I perceived.

By all conventional wisdom, a degree should mean something. Yet when I finished my MA I found myself working at a certain well-known coffee chain surrounded by fellow students and recent graduates, all of us looking for that "real job" and confused about our fate. One truly great thing came out of this experience: I realized that what I want to do, what I really want to do, is write.

### Where I am now

So, what am I doing now to improve my situation? Reading. Writing. Applying for everything in sight, whether I'm "qualified" or not. Networking socially. Blogging. Translating Latin in my spare time. Quite frankly, writing this. All I need, I keep saying, is just one opportunity with someone willing to show me the ropes.

### My recommendations for students

Students! You, there, who wants to be a professor! I am proud of you and know you know your stuff, but remember: if for whatever reason that path doesn't work out, don't assume that you can just "get a job in publishing or something." If that really is your secondary career choice, start putting at least a little effort into that starting now, or you'll end up in my position.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

# Canada lifts, dives and fights its way to 3 bronze on Day 4

Bronze medalist Christine Girard reacts during the women's 63 kg weightlifting final at the ExCeL centre on Tuesday. ROB CARR/GETTY IMAGES

Bronze medalists Roseline Filion, left, and Meaghan Benfeito dive Tuesday in the women's synchronized 10-metre platform final at the Aquatics Centre in Olympic Park. MICHAEL SOHN/THE ASSOCIATED PRESS

**Canadian medal roundup.** Canuck athletes have now captured four bronze at London Olympics

It was a multi-medal day for Canada at the London Olympics.

Antoine Valois-Fortier won a bronze in men's judo less than 30 minutes after the diving team of Roseline Filion and Meaghan Benfeito captured a bronze in the 10-metre synchronized event.

**Quoted**

**"We had to dive our hearts out. We were ready"**

**Roseline Filion** and her diving partner Meaghan Benfeito, captured a bronze in 10-metre synchronized diving event.

About an hour later, weightlifter Christine Girard captured bronze in the women's 63-kilogram class.

Canada now has four total medals after Tuesday's action, all bronze.

Valois-Fortier, a 22-year-old from Quebec City, defeated American Travis Stevens 1-0 in the bronze medal bout of the men's 81-kilogram judo event.

"It feels amazing. I've sacrificed so much and all of the fights today were very hard," Valois-Fortier said. "It was tough mentally but the whole team supported me and I managed to pull myself together. I wanted it really bad, it's what I work for every day."

Filion, from Laval, Que., and Benfeito, from Montreal, finished with a combined score of 337.62 for their diving bronze.

"We said there was nothing more we could have done," Filion said.

China continued to dominate the competition, with Chen Ruolin and Wang Hao winning the gold.

"They can make mistakes," added Benfeito. "We try to say we can win the gold. But they're amazing divers."

Paola Espinosa Sanchez and Alejandra Orozco Loza of Mexico took the silver.

Girard, who grew up in Rouyn-Noranda, Que., and lives in White Rock, B.C., completed the hat trick an hour later to become the first Canadian woman to ever win a weightlifting medal at a Games.

She finished third with a total weight of 236 kilograms.

"It is very hard to describe how I feel," Girard said. "Four years ago in Beijing I came fourth and since then I have spent the past four years training through injuries and various changes in my life to get to this moment."

Antoine Valois-Fortier, right, reacts after defeating Travis Stevens of the United States in the men's 81-kilogram judo event Tuesday. QUINN ROONEY/GETTY IMAGES

Maiya Maneza of Kazakhstan won gold, while Svetlana Tsarukaeva of Russia captured silver.

The medals come two days after Emilie Heymans and Jennifer Abel gave Canada its first of the Games with a third-place finish in the women's three-metre synchro.

THE CANADIAN PRESS

# Phelps swims into record book with relay win

Michael Phelps celebrates winning gold in the men's 4 x 200m freestyle relay final Tuesday at the Aquatics Centre in Olympic Park. EZRA SHAW/GETTY IMAGES

Swimmer Michael Phelps became the most successful Olympian in history Tuesday with a gold and a silver medal that propelled him to a place in the sporting record books and the U.S. to 4x200 freestyle victory.

Phelps shattered the record for most Olympic medals ever with a frustrating defeat in the 200-metre butterfly that left him with silver, followed by a relay gold.

Phelps lost the 200-metre butterfly to South African Chad le Clos, when, after leading all the way, he tried to glide to the wall after his final stroke, opening the way for le Clos to touch the wall first instead. Japan's Takeshi Matsuda took the bronze.

**Career medals**

**Phelps now has 15 gold, two silver and two bronze medals.**

It was an astounding mistake considering he won a memorable race in Beijing when a rival made the very same error. He held his head in his hands as he stood in the pool and appeared upset with himself.

But in his second race of the night, the United States team of Ryan Lochte, Conor Dwyer, Ricky Berens and Phelps on the anchor leg won in six minutes, 59.70 seconds. France took the silver in 7:02.77, while China was third in 7:06.30. It was Phelps' first gold of these Olympics.

With 19 career medals spanning three Olympics, Phelps broke the record of Soviet gymnast Larisa Latynina, who won 18 medals in 1956, 1960 and 1964.

"You are now a complete legend," the public address announcer bellowed, accompanied by the Foo Fighters' song Best of You.

THE ASSOCIATED PRESS

4 SPORTS

**Mobile sports**

**Two finals, two gold. And all anybody wants to know about Chinese teen swimming sensation Ye Shiwen is whether she's doping. Ye, 16, has never failed a drug test, and Olympic organizers spent much of Tuesday defending her, saying the suspicions were "crazy" and motivated by jealousy. Scan the code for the story.**

# Raonic's gold hopes 'slip away' in marathon final set

Ontario's Milos Raonic and France's Jo-Wilfried Tsonga fully expected their match at the London Games to be a battle.

It turned out to be that and much more.

After a monster three-hour final set, Tsonga finally delivered the knockout blow by breaking Raonic's serve to secure a 6-3, 3-6, 25-23 victory and a spot in the third round.

Tsonga and Raonic opened play at the All England Club just after noon local time. They left Court 1 nearly seven hours later to deafening applause with their place in the Olympic record books secure.

"I felt like I played really well for most of the match and

Milos Raonic
THE CANADIAN PRESS

I just let it slip away from me at the end," Raonic said.

After splitting the first two sets, the players were on serve early in the decider when rain suspended play for almost three hours. When they returned to the court, neither player could find a hole in the other's service game.

Down 23-24 and needing to hold serve to stay in the match, Raonic fell into a big hole by dropping the first three points.

The Canadian saved the first of three match balls with a service winner. But at 15-40, he lunged to retrieve a drop shot and barely got enough of his racket on it to get it back over the net.

Tsonga was in position and smashed the return into the open court to seal the win.

"At the end I was just very happy for my country," Tsonga said. "I did it for them and that's it." THE CANADIAN PRESS

## Canada through on Tancredi's two

Canada forward Melissa Tancredi jumps into the arms of Christine Sinclair to celebrate her second goal at Newcastle on Monday. Tancredi scored her third and fourth goals of the tournament as the seventh-ranked Canadians rebounded from a 2-0 deficit to tie the Swedes 2-2 and book their spot in the next round. Canada will play Britain in the quarter-finals. FRANK GUNN/THE CANADIAN PRESS

# Wednesday's 3 to watch

### Men's cycling time trial

After having to do without team support in the Olympic road race, Canadian cyclist Ryder Hesjedal gets a more even playing field in Wednesday's individual time trial.
**Time:** 7:15 a.m.
**Channel:** Sportsnet

### 2 Men's 100-m final

Brent Hayden will try to reverse Canada's fortunes in the pool when he competes in the men's 100-metre freestyle final. The Mission, B.C., native finished fourth in his semifinal heat on Tuesday with a time of 48.21 seconds to advance.
**Time:** 12:30 p.m.
**Channel:** CTV

### 3 Men's diving

Three-metre synchronized diving, featuring three-time world champion and two-time Olympic medal-winning Canadian Alexandre Despatie and his partner Reuben Ross.
**Time:** 8 a.m.
**Channel:** CTV
THE CANADIAN PRESS

Gymnastics

## U.S. top Russian rivals in team final

The Americans lived up to their considerable hype Tuesday, routing Russia and everybody else on the way to their first Olympic women's team gymnastics title since 1996.

Their score of 183.596 was a whopping five points ahead of Russia and were so far ahead that their last event, floor exercise, was more like a coronation. Romania won the bronze, while Canada finished fifth.
THE ASSOCIATED PRESS

Day 4 results

## MEDAL STANDINGS

**53 of 302 total medal events**

| Nation | G | S | B | Tot |
|---|---|---|---|---|
| China | 13 | 6 | 4 | 23 |
| United States | 9 | 8 | 6 | 23 |
| France | 4 | 3 | 4 | 11 |
| South Korea | 3 | 2 | 3 | 8 |
| North Korea | 3 | 0 | 1 | 4 |
| Kazakhstan | 3 | 0 | 0 | 3 |
| Italy | 2 | 4 | 2 | 8 |
| Germany | 2 | 3 | 1 | 6 |
| Russia | 2 | 2 | 4 | 8 |
| South Africa | 2 | 0 | 0 | 2 |
| Japan | 1 | 4 | 8 | 13 |
| Australia | 1 | 3 | 2 | 6 |
| Romania | 1 | 2 | 2 | 5 |
| Brazil | 1 | 1 | 1 | 3 |
| Hungary | 1 | 1 | 1 | 3 |
| Netherlands | 1 | 1 | 0 | 2 |
| Ukraine | 1 | 0 | 2 | 3 |
| Georgia | 1 | 0 | 0 | 1 |
| Lithuania | 1 | 0 | 0 | 1 |
| Slovenia | 1 | 0 | 0 | 1 |
| Britain | 0 | 2 | 2 | 4 |
| Colombia | 0 | 2 | 0 | 2 |
| Mexico | 0 | 2 | 0 | 2 |
| Indonesia | 0 | 1 | 1 | 2 |
| Cuba | 0 | 1 | 0 | 1 |
| Denmark | 0 | 1 | 0 | 1 |
| Egypt | 0 | 1 | 0 | 1 |
| Poland | 0 | 1 | 0 | 1 |
| Sweden | 0 | 1 | 0 | 1 |
| Taiwan | 0 | 1 | 0 | 1 |
| **Also** | | | | |
| **Canada** | **0** | **0** | **4** | **4** |

## WHAT CANADA DID

**Tuesday at the 2012 London Olympics**

### BADMINTON

**Women's doubles** — Alex Bruce, Toronto, and Michele Li, Toronto, lost 21-8, 21-10, to Valeria Sorokina and Nina Vislova, of Russia, in Group A action.
**Mixed doubles** — Toby Ng, Vancouver, and Grace Gao, Calgary, lost 21-13, 21-16, Robert Mateusiak and Nadiezda Zieba, of Poland in Group B action.

### JUDO

**Men's 81-kg** — Antoine Valois-Fortier, Quebec City, defeated Euan Burton, of Britain, in Ippon, Kata-guruma, in 1:45, in the round of 32. He defeated Srdjan Mrvaljevic, of Montenegro, in Waza-Ari, Tai-otoshi, in 5:00 in the round of 16. Valois-Fortier lost to Ivan Nifontov, of Russia, in Waza-Ari, Harai-goshi, in 5:00 in the quarter-finals. Valois-Fortier defeated Travis Stevens, of the U.S., for the bronze medal in Yuko, Te-Guruma of Repechage, in 5:00.

### SWIMMING

**Men's 4x200 freestyle relay** — Canada finished seventh in its qualifying heat in 7:15.22 and failed to advance (Blake Worsley, Vancouver, 25.55; Colin Russell, Toronto, 2:13.01; Tobias Oriwol, Toronto, 4:01.79 and Alec Page, Victoria, 5:51.78).
**Men's 100 freestyle** — Brent Hayden, Mission, B.C, finished third in his qualifying heat in 48.53 and advanced. He finished fourth in his semifinal heat in 48.21 and advanced. Hayden finished sixth in his final heat in 48.21 and advanced to the 100m freestyle final.
**Men's 200 breaststroke** — Scott Dickens, Burlington, Ont., finished first in his qualifying heat in 2:10.95 and advanced. He finished eighth in his semifinal heat in 2:11.71 and failed to advance.
**Women's 200 butterfly** — Audrey Lacroix, Pont-Rouge, Que., finished sixth in her qualifying heat in 2:09.25 and advanced. Katerine Savard, Cap-Rouge, Que., finished seventh in her qualifying heat in 2:11.05 and failed to advance. Lacroix finished seventh in her semifinal heat in 2:08.00 and failed to advance.

### ROWING

**Men's double sculls** — Michael Braithwaite, Duncan, B.C., and Kevin Kowalyk, Winnipeg, finished sixth in their semifinal heat in 6:38.94 and advanced to the final.
**Men's lightweight double sculls** — Douglas Vandor, Dewittville, Que., and Morgan Jarvis, Clearwater Bay, Ont., finished fourth in their repechage qualifying heat in 6:36.03 and advanced to the next heat.
**Women's lightweight double sculls** — Lindsay Jennerich, Victoria, and Patricia Obee, Victoria, finished second in their repechage qualifying heat in 7:15.37 and advanced to the next heat.

### SAILING

**Men's finn** — Greg Douglas, Toronto, is in 15th place after the sixth race (75).
**Men's star** — Richard Clarke, Salt Spring Island, B.C., and Tyler Bjorn, Beaconsfield, Que., are in 13th place after the sixth race (50).
**Men's 49er** — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 11th place after the fourth race (41).
**Men's laser** — David Wright, Toronto, is in 18th place after the fourth race (73).
**Women's windsurfer** — Nikola Girke, West Vancouver, B.C., is in ninth place after the second race (20).
**Women's laser radial** — Danielle Dube, Glen Haven, N.S., is in 25th place after the fourth race (96).

### TENNIS

**Men's singles** — Milos Raonic, Thornhill, Ont., lost to Jo-Wilfried Tsonga, of France, in the second round, 6-3, 3-6, 25-23.
**Men's doubles** — Daniel Nestor, Toronto, and Vasek Pospisil, Vancouver, lost to Janko Tipsarevic and Nenad Zimonjic, of Serbia, in the second round, 6-4, 6-7 (5), 11-9.
**Women's singles** — Aleksandra Wozniak, Blainville, Que., lost to Venus Williams, of the U.S., 6-1, 6-3.

### FENCING

**Men's individual foil** — Etienne Lalonde Turbide, Verdun, Que., lost to Alexander Massialas, of the U.S., 15-6, in the round of 32.

### DIVING

**Women's synchronized 10-m platform** — Meaghan Benfeito, Montreal, and Roseline Filion, Laval, Que., won the bronze medal with a score of 337.62.

### WEIGHTLIFTING

**Women's 63-kg** — Christine Girard, White Rock, B.C., won the bronze medal with a top weight of 236 kilograms.

### GYMNASTICS

**Women's team final** — Elsabeth Black, Halifax; Victoria Moors, Cambridge, Ont.; Dominique Pegg, Sarnia, Ont.; Brittany Rogers, Coquitlam, B.C. and Kristina Vaculik, Whitby, Ont., finished fifth with a score of 170.804.

## SOCCER

### WOMEN

**FIRST ROUND**

**GROUP E**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Britain | 3 | 2 | 0 | 0 | 5 | 0 | 9 |
| Brazil | 3 | 2 | 0 | 1 | 6 | 1 | 6 |
| New Zealand | 3 | 1 | 0 | 2 | 3 | 3 | 3 |
| Cameroon | 3 | 0 | 0 | 2 | 1 | 11 | 0 |

**Tuesday, July 31**
**At Wembley, England**
Britain 1, Brazil 0
**At Coventry, England**
New Zealand 3, Cameroon 1

**GROUP F**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Sweden | 3 | 1 | 2 | 0 | 6 | 3 | 5 |
| Japan | 3 | 1 | 2 | 0 | 2 | 1 | 5 |
| **Canada** | **3** | **1** | **1** | **1** | **6** | **4** | **4** |
| South Africa | 3 | 0 | 1 | 2 | 1 | 7 | 1 |

**Tuesday, July 31**
**At Cardiff, Wales**
South Africa 0, Japan 0
**At Newcastle, England**
Sweden 2, **Canada 2**

**GROUP G**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| United States | 3 | 3 | 0 | 0 | 8 | 2 | 9 |
| France | 3 | 2 | 0 | 1 | 8 | 4 | 6 |
| North Korea | 3 | 1 | 0 | 2 | 2 | 6 | 3 |
| Colombia | 3 | 0 | 0 | 3 | 0 | 6 | 0 |

**Tuesday, July 31**
**At Manchester, England**
United States 1, North Korea 0
**At Newcastle, England**
France 1, Colombia 0

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# This is not your regular Jeep

ALL PHOTOS WHEELBASE

A blacked-out lower panel houses a pair of four-inch-diameter exhaust tips.

**Fuel Saver Technology**

To ease the SRT8's 91-octane habit, the 6.4 comes with Fuel Saver Technology that powers down half of the eight cylinders when operating under light or no-load conditions. It doesn't help too much in city driving where consumption is rated at 17.1 l/100 km, but that number drops to 11.4 on the highway.

**Base content**

All SRT8s arrive contented to a reasonably complete degree, with climate control, heated and cooled leather seats for both rows, heated steering wheel and 20-inch wheels fitted with foot-wide Pirelli all-season performance tires.

**Engine**

Hauling anything with the SRT8 should be a breeze, owing to its 6.4-litre Hemi V8 generating 470 horsepower and 465 pound-feet of torque. That's up 50 horses and 45 pound-feet from the previous 6.1-litre SRT8. Jeep says that the 6.4 can propel the 2,340-kilogram Grand Cherokee to 60 m.p.h. (96 km/h) from rest in 4.8 seconds.

**2012 Jeep GC SRT8**

- **Type.** Four-door, four-wheel-drive sport utility vehicle.
- **Engine (hp):** 6.4-litre OHV V8 (470).
- **Mileage:** L/100 km (city/hwy) 17.1/11.4.
- **Base Price (incl. destination):** $59,000.

**Review.** Trust Jeep to build yet another vehicle no one else can

MALCOLM GUNN
Wheelbase Media

Acceleration, cornering force on asphalt and stopping distance generally have nothing to do — at all — with the Jeep brand. In fact, the Grand Cherokee SRT8 is about as un-Jeep-y as it gets.

But here it is, a combination that's unique among North American-based sport utility vehicles and a rare achievement for any such model from anywhere at just about any price.

Knobby tires, big ground clearance and exposed door hinges? Nope, but the SRT8 is a Jeep that you just have to love.

The initials refer to Chrysler's Street and Racing Technology division and the Grand Cherokee is one of four such designated models with the others being the Chrysler 300 and Dodge Charger sedans plus the Dodge Challenger SRT8 392. Later this year, the Viper coupe returns as the first SRT-nameplated model (the Dodge handle has been dropped).

You're forgiven if you assumed the ride was over for the Grand Cherokee SRT8 when it passed into history following the 2010 model year.

With its big-power V8 and taut suspension, the Jeep delivered Cheetah-like launches along with snappy passing prowess, regardless of weather or road conditions. However, at a cost of thousands more than a more-off-road-capable base Laredo V6 or Limited V8, that could have easily sealed the SRT8's fate.

Well, apparently there remains enough potential buyers with outrageous transportation leanings to prod Jeep into bringing the SRT8 back on line.

Only this time there's more passenger space, luxury features and power, all wrapped up in a sinfully slick wrapper.

5 DRIVE

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# Evolving the road trip, through social media

## Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

I don't know about you, but sometimes I feel like the world is going to hell in an Internet-connected hand basket.

Primarily those are the times when I would look around our home and see every member of our family dispersed and tethered to various and different screens. Four separate islands of Facebook, Call of Duty, YouTube, and Sportsnet.

So I was thrilled to get wind of Greg Mountenay and his most excellent road trip adventure.

Greg took an old, glorious form of non-digital social interaction, and one close to my heart, the automobile road trip, and gave it a really cool, new life — by actually leveraging our now-digitized social life.

He decided to drive across the country and connect with as many of his Facebook friends as possible. What a cool idea!

"A lot of people are concerned that social media is going to take over, be the new frontier of conversation," says Greg, over his cell phone connected to a hands-free Bluetooth device, on the road somewhere between Sault Ste. Marie and Sudbury, Ont.

"But it means more to me, that I have stayed connected to my friends."

He makes a great point; the continued connection has allowed him to be welcomed with open arms from one end of the country to another, and created the circumstances, as he says, "to put another layer on the friendship."

But how did he come up with the idea?

"It was in that lull after graduation, when you realize you have two degrees and are unemployable ... I was hanging out with one of my friends, saying wouldn't it be great to just walk into a Canadian Tire, grab everything you need for a Canada-wide road trip — GPS, sleeping bag, tent — and head on my way."

Turns out, this friend has a friend at Canadian Tire. Long story short, Greg more or less got this cool, "summer job" at Canadian Tire, driving across the country in his 2003 Suzuki Grand Vitara, connecting face-to-face with friends and family, blogging about his experiences, and trying out various Canadian Tire road trip products, like the Jawbone Bluetooth, Magellan GPS, and Coleman Instant Tent.

After starting from Canadian Tire in Peterborough, Ont., and making it all the way to the West Coast, Greg Mountenay is now moving through Ontario again, en route to his final destination in Halifax. CONTRIBUTED

All along he wanted to tie the trip to Facebook, to visit as many Facebook friends as possible along the way. But it took on an even greater Facebook spin when he started posting his possible itinerary.

"Once friends knew I was going across the country, they said, 'Well you have to stop and see me.'"

The other neat aspect of chronicling the journey over the web, is that friends can track his progress as he makes his way toward them. The "build up" creates even more excitement. He recalls his friend, Jen Feele, getting more excited by the day, as he made his slow way to her home base in Squamish, B.C.

"I get status updates from friends," says Greg.

"I know what's going on in their lives. But I haven't actually seen some of them for years. It was so amazing to be able to connect ... to see what their lives are like and what the country is like, from their perspective."

Check out his blogs at greg mountenay.wordpress.com. Use any internet-connected device at your disposal.

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## Horoscopes

### ♈ Aries
**March 21 - April 20**
Let employers and people in positions of authority know what you can do. Let them know how hard you work and how much value you add to the tasks you undertake. Make sure you get the recognition you deserve.

### ♉ Taurus
**April 21 - May 21**
A new phase has begun but still you are clinging to the past. The planets indicate that it's time to move on and the sooner you come to terms with that fact, the sooner you will enjoy life again.

### ♊ Gemini
**May 22 - June 21**
Money matters may be high on your priority list at the moment but that does not mean your social life has to take a back seat. The approaching full moon will bring someone new and exotic into your life.

### ♋ Cancer
**June 22 - July 23**
Be generous with others today, even if you have fallen out with them over emotional or material issues that are important to you. There is no point holding grudges — the person it hurts most is you.

### ♌ Leo
**July 24 - Aug. 23**
The pace of life is picking up by the hour, if not the minute, and today and tomorrow you will have to react to situations that are not of your choosing. Stay calm and you'll do OK. Nothing can hurt you.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Passions will be running high over the next 24 hours and there may be times when it all gets a bit too much for you. Those are the times when you need to back off and let things cool down a bit.

### ♎ Libra
**Sept. 24 - Oct. 23**
If nothing else, the approaching full moon will help you to see things from other people's point of view — and that's a useful talent to have. If you know how they think, you'll also know what to expect.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Something amazing will happen over the next 48 hours and although it may cause you a few moments of alarm, you can sense it's all good really. What is an upheaval for some can be an opportunity for you.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Forget about how much something might cost you and go for it. If it engages your imagination then it must be good. Don't overanalyze what is really a quite simple situation.

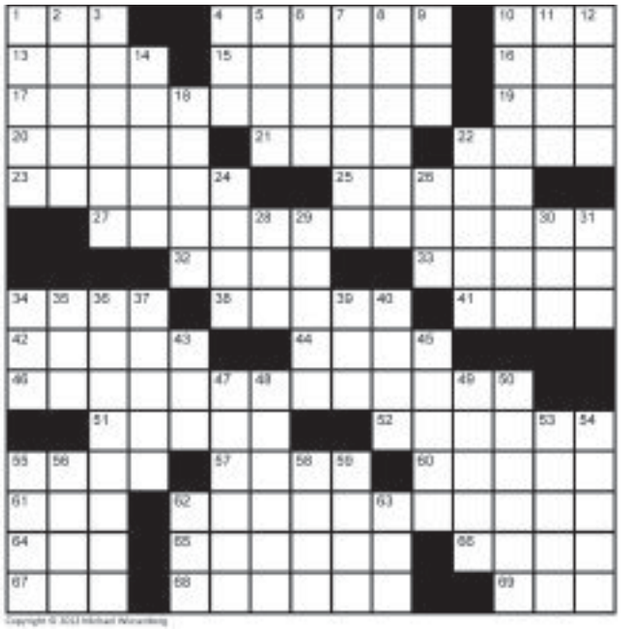
### ♑ Capricorn
**Dec. 22 - Jan. 20**
Tomorrow's full moon will bring to a head an issue that has been worrying you, but it's what you do today that will determine how much of an impact it has. Be cautious. This is not a time to take risks.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
It's not like you to have second thoughts once your mind is made up about something but that's exactly what is happening. Could it be you have taken a wrong turning along the way? Yes.

### ♓ Pisces
**Feb. 20 - March 20**
You have every right to express your opinion — in fact it's more than a right, it's a duty. The reason powerful people don't like what you say is because they know it's the truth. All the more reason to say it. SALLY BROMPTON

## Crossword: Prime Minsisters

BY MICHAEL WIESENBERG



### Across

1. ___ constrictor: python relative
4. Divvied up
10. ___ of luxury
13. ___ Donald: what Huey, Dewey, and Louie called their uncle
15. Kansas capital
16. Anger
17. 13th PM John (1957-1963)
19. ATM charge
20. Successfully bypassed the bouncer
21. Margarine
22. Deliver cards
23. Isolate, as Napoleon Bonaparte, or leave as a castaway, like Gilligan
25. Christmases
27. 6th PM, whose 69 days in office in 1896 were the shortest term
32. "___ it down": put it on the floor
33. "Let's give ___!": "Let's try"
34. San Francisco's cops: abbr.
38. Dashboard engine speed gauges
41. Blizzard feature
42. 3: Fr.
44. 8: Fr.
46. 3rd PM (1891-2), between Macdonald and Thompson
51. TV hostess O'Donnell
52. Prepares clams
55. Revolve
57. Tae ___ do: karate type
60. Loosen, as laces
61. Help
62. Canada's first woman PM
64. Lower limb
65. "Rub-a-dub-dub, three men ___"
66. Early Ontario inhabitants
67. Before: poetic
68. Related on father's side
69. Snake's warning

### Down

1. Barely move
2. Burger garnish
3. ___ acid: vinegar component
4. RR stop
5. Bum
6. "Be ___ and lend me 50 bucks, willya?"
7. Enters again, as data
8. Barely make, as a living
9. Pop folk singer-songwriter Williams
10. Time from cradle to grave
11. Acreage
12. Apple covering
14. ___ *Called Wanda*: 1988 John Cleese film
18. Former Chinese premier Chou ___
22. History and English, etc.: univ. divisions
24. Former: poetic
26. A ___: his (Fr.)
28. Meadow
29. ___ Sketch: classic drawing toy
30. Megalomaniacal feature
31. Tier
34. Rds.
35. End of the work wk.
36. Goldilocks meal
37. French city famous for mustard
39. Wheel center
40. Brothers and sisters, briefly
43. "Help!"
45. Compute the sum of
47. Backpacker's activity
48. Paul of *Cool Hand Luke*
49. Year that Claudius I was born
50. French fries, slangily
53. The M in MPG and MPH
54. 1990s tennis champ Monica with nine Grand Slam titles
55. Bargain hunter's delight
56. Docking platform
58. "He doesn't ___ bit afraid, does he?"
59. Astro or cosmo follower
62. Korean car manufacturer
63. Honorary U.K. title

## Yesterday's crossword

## What's online

See today's answers at metronews.ca/answers.

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | 9 | | 8 | |
| 4 | 8 | | | | 1 | 3 | | |
| | 3 | | 2 | | | 9 | | |
| | 5 | | | 9 | 6 | | 7 | |
| 2 | | | | | | | | 6 |
| | 1 | | 5 | 7 | | | 4 | |
| | | 7 | | | 5 | | 3 | |
| | | 3 | 6 | | | | 5 | 2 |
| | 6 | | 4 | | | | | |

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 2 | 5 | 4 | 9 | 3 | 7 | 1 | 6 |
| 6 | 3 | 9 | 1 | 7 | 8 | 4 | 5 | 2 |
| 4 | 1 | 7 | 2 | 5 | 6 | 8 | 9 | 3 |
| 1 | 5 | 3 | 9 | 8 | 4 | 2 | 6 | 7 |
| 2 | 6 | 4 | 7 | 3 | 1 | 5 | 8 | 9 |
| 9 | 7 | 8 | 5 | 6 | 2 | 1 | 3 | 4 |
| 5 | 9 | 1 | 6 | 2 | 7 | 3 | 4 | 8 |
| 3 | 4 | 2 | 8 | 1 | 9 | 6 | 7 | 5 |
| 7 | 8 | 6 | 3 | 4 | 5 | 9 | 2 | 1 |

## Weather

| TODAY | THURSDAY | FRIDAY |
|---|---|---|
| MAX: 30° MIN: 19° | MAX: 28° MIN: 17° | MAX: 29° MIN: 16° |

BT BREAKFAST TELEVISION

**JENNA KHAN**
**WEATHER SPECIALIST**
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